

In-Home Services

In-home services are available to all residents of Polk County who are 60 and over. These services are coordinated through your local senior center, or by calling the **Stromsburg Senior Center 764-8227**

Call if you need assistance with:

- ❖ Senior Companion/
Homemaker
 - ❖ House Cleaning
 - ❖ Yard work/Chore Services
 - ❖ Snow Removal
 - ❖ Shopping Assistance
 - ❖ Personal Care
- or any service that will enable you to remain independent and in your own home.
- ❖ Telephone Reassurance

Polk County Senior Centers

Osceola Center 747-8227

461 Hawkeye
Osceola, NE 68651
Monday-Friday
9 a.m. - 3 p.m.

Polk Center 765-2311

230 N. Main St.
Polk, NE 68654
Monday-Friday
9 a.m.-3 p.m.

Shelby Center 527-5158

230 N. Walnut
Shelby, NE 68662
Monday-Friday
9 a.m.-3 p.m.

Stromsburg Center 764-8227

117 East Third
Stromsburg, NE 68666
Monday-Friday
8:30 a.m.-4:30 p.m.

*Drop in anytime for information
or just a cup of coffee*

POLK COUNTY

Senior Services
Program

Osceola
Polk
Shelby
Stromsburg

Polk County Senior Services

We want to ensure that all older persons at the Polk County Senior Centers have access to social, educational and recreational programs that can enhance their quality of life.

- ❖ Craftshop/Consignment
- ❖ Regular Blood Pressure Checks
- ❖ Regular Pedicure Clinics
- ❖ Information & Referral
- ❖ Education Programs & Classes
- ❖ Health Assessments
- ❖ Craft Classes
- ❖ Transportation
- ❖ Aerobic Classes
- ❖ Wellness Program

Activities at the Centers

- ❖ Pool Tournaments for
Men & Women
- ❖ Bingo
- ❖ Dances
- ❖ Bus Trips
- ❖ Birthday Parties
- ❖ Pot Luck Dinners
- ❖ Evening Card Parties
- ❖ Pool, Dominoes, Cards
- ❖ Sing-a-longs
- ❖ Drop-in Activities

The Travelers . . .

The County Program owns a Van which is used for trips to programs in other towns. It carries 14 plus the driver.

This low cost, dependable travel does have a fare charge. Please refer to any of the centers for more information.

Busy Wheels

Available in Osceola and Stromsburg

Meals

Meals at the centers

Noon meals are served at each center Monday through Friday. Call your center one day in advance for reservations. Meals are paid on a contribution basis. Modified diets are available with a doctor's orders.

Home Delivered Meals

Hot and nutritious meals are available to homebound seniors in the Polk County area. The meals are paid for on a contribution basis for persons 60 and over.

Home delivered meals are available seven days a week in Stromsburg and Osceola and Monday through Friday in all other communities.



Polk County Senior Services is jointly sponsored by County, State and Federal Funds made available through the Polk County Board of Commissioners and Aging Services (Lincoln Area Agency on Aging). Contributions for services and donations also help to support the Program.

All activities and services of the Polk County Senior Services Program are provided without regard to race, color, creed national origin or handicap.